

SURGEON GENERAL'S WORKSHOP

Health Promotion and Aging



Background Papers

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Note: All opinions contained in these papers represent the viewpoint solely of the authors and do not necessarily represent the viewpoint of the Office of the Surgeon General, the Public Health Service and its constituent Agencies, or the Editors.

Sponsors for this Workshop are Administration on Aging, Health Resources and Services Administration, Food and Drug Administration, National Institute on Aging, the Office of Minority Health, Office of Disease Prevention and Health Promotion, Centers for Disease Control, National Institute of Mental Health, National Institute on Alcohol Abuse and Alcoholism, the Brookdale Foundation, and the Henry J. Kaiser Family Foundation. Support for the printing of this publication is provided by the Henry J. Kaiser Family Foundation of Menlo Park, California.



DEPARTMENT OF HEALTH & HUMAN SERVICES

Public Health Service

The Surgeon General of the
Public Health Service
Rockville MD 20857

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Dear Workshop Participant,

Change often offers opportunity! As our society changes and we have an older population, age has traditionally been equated with diminished capacity and ability. This does not necessarily have to be the expected outcome. The combined expertise of the scientific community, the interest of the aging network, and the will of older individuals to modify their way of living to accommodate healthful lifestyles, can allow later life to be both meaningful and active.

At my request, individuals who have expertise in various aspects of health promotion and aging have compiled a series of papers that seek to document what we know about health promotion research and activities. These papers are thus provided to you in preparation for the deliberation of the Workshop participants on Health Promotion and Aging. Though they may not offer answers, the papers will hopefully provide an overview of what is known and provoke thought on the topic areas prior to the meeting. In the same manner, the papers do not seek to provide answers, for in many instances we do not necessarily have these answers yet. We do have indicators and with the proper emphasis and encouragement, we hope to move forward into the arena of preventive activities and healthful lifestyles.

Please consider these papers as starting points for your further thought and deliberation, and more importantly, for our joint action in the application of health promotion to our aging society.

A handwritten signature in cursive script, reading "C. Everett Koop".

C. Everett Koop, M. D.
Surgeon General